



A Pioneering Area Agency on Aging

Community Health Education Programs

For most Health and Fitness classes, there is a \$4 per class suggested contribution for people age 60 and over or a \$5 per class fee for people under age 60. Punch cards are available. Preregistration is required for all classes. Call 402-441-7575.



Chair Tai Chi

Aging Partners
Health and Fitness Center
233 S. 10th St., Suite 101
Tuesdays, 9:45 to 10:30 a.m.

This ongoing program is based on the modified Tai Chi – Moving for Better Balance 8 Form program. Participants are taught simple movements they can practice while sitting or standing near a chair.

Dynamic Movement at St. Mark’s

St. Mark’s United Methodist Church Gymnasium
8550 Pioneers Blvd.

Each one-hour class focuses on stretching, breathing and a unique combination of exercises and dance steps that will isolate muscle groups, enhance flexibility, increase heart rate and improve strength. Most routines are done from a chair or standing near a chair.

- Tuesdays, 3:30 to 4:30 p.m. (eight-week session)
Jan. 17 through March 7
March 14 through May 2
- Thursdays, 3:30 to 4:30 p.m. (eight-week session)
Jan. 19 through March 9 (no class Feb. 2)
March 16 through May 4 (eight-week session)

Dynamic Movement at Cotner Center

Cotner Center Condominium
1540 N. Cotner Blvd. (use Cotner Blvd. entrance)

- Mondays, 2 to 3 p.m. (eight-week session)
Jan. 23 through March 20 (no class Feb. 20)
March 27 through May 15

Chair Yoga (eight-week session)

Chair yoga is one of the gentlest forms of yoga available. It is a unique style that adapts yoga positions and poses through creative use of a chair. Poses are done while sitting or using the chair for support during standing and balance poses. Emphasis will be on breathing, balance and taking things at your own pace. Chair yoga is suitable for all ages, fitness levels and physical conditions. Beginners welcome.

- St. Mark’s Vermeer Education Center
4000 S. 84th St. ,
(located north of the church)
Wednesdays, 3 to 4 p.m.
Jan. 18 through March 8
March 15 through May 3
- East Lincoln Christian Church
7001 Edenton Road
Fridays, 11 a.m. to noon
Jan. 27 through March 17
March 24 through May 12



Contemporary Yoga (eight-week session)

Cotner Center Condominium
1540 N. Cotner Blvd., (use Cotner Blvd. entrance)
Mondays, 9 to 10 a.m.
Jan. 23 through March 20 (no class Feb. 20)
March 27 through May 15

This renewing practice uses body postures, breathing and relaxation to bring about a sound and healthy body. Movements consist of a variety of positions and poses that have strengthening and restorative benefits.



Movement and Music

Auld Recreation Center, 1650 Memorial Drive

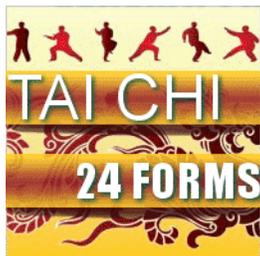
Join us in this new movement and music class that explores elements of dance in a no-pressure, social environment in which music energizes, enriches and empowers. All levels of mobility are welcome. No dance experience necessary. The class is at a comfortable pace. Research has shown that dance reduces stress and depression, improves flexibility, strength, balance and endurance, and reduces the risk of dementia.

- Mondays, 10:30 to 11:45 a.m. (eight-week session)
Jan. 23 through March 20
(no class Feb. 20)
March 27 through May 15
- Thursdays, 10:30 to 11:45 a.m. (eight-week session)
Jan. 26 through March 23
(no class on Feb. 16)
March 30 through May 18 (eight-week session)

Tai Chi – Continuing 24 Form (eight-week session)

This class is suggested for those who have completed the 24 Form instructional classes.

- Cotner Center Condominium
1540 Cotner Blvd.
Mondays, 10:30 to 11 a.m.
Jan. 23 through March 20 (no class Feb. 20)
March 27 through May 15
- Auld Recreation Center, 1650 Memorial Drive
Fridays, 10:15 to 10:45 a.m.
Jan. 27 through March 17
March 24 through May 12



Beginners Tai Chi for Balance and Fall Prevention Class – Basic 8 Form (eight-week session)

- Auld Recreation Center, 1650 Memorial Drive
Thursdays, 9 to 10 a.m.
Jan. 26 through March 23 (no class Feb. 16)
March 30 through May 18

This is a modified program for older adults. It is designed to improve posture, enhance balance and build strength. Participants are taught simple movements that are performed slowly.

Free Diabetes Self-Management Workshop

(six-week program)

- Gere Library, 2400 S. 56th St.
Wednesdays, 1 to 3:30 p.m.
Jan. 18 through Feb. 22



This workshop is designed to help you or someone you care for learn to live a healthy life with diabetes. Developed by Stanford University you will learn how to manage symptoms including fatigue and depression; use relaxation techniques; eat healthy; improve your communication skills; use medication effectively; monitor your blood sugars; solve problems and set goals; increase your self-confidence and feel better. For details or to register contact Julie at 402-326-2904 or julie.chytil@nebraska.gov.

Traditional Tai Chi – 24 Form (eight-week program)

Auld Recreation Center, 1650 Memorial Drive

- Fridays, 9 to 10 a.m.
Jan. 27 through March 17
March 24 through May 12

Tai Chi has been shown to reduce stress, enhance core strength and balance and stimulate mental clarity. Participants will practice slow and gentle Tai Chi movements while learning to incorporate healthy breathing techniques into each of the forms. Classes include full instruction.



Relax, Rejuvenate and Renew

Friday, April 28, 9 a.m. to 2:30 p.m.
Southeast Community College
Jack Huck Continuing Education Center
301 S. 68th Street Place

This half-day mini retreat is for family caregivers or anyone looking to recharge their physical, emotional and spiritual batteries. Programs include “The Transformative Power of Music and Dream On,” presented by Tracie Foreman, “The Astonishing Power of Appreciation,” presented by Debbie Way and “Yoga for Relaxation and Stress Management,” presented by Terri Swanson. Cost: \$29 (lunch provided).

Registration deadline is Thursday, April 20. Register online at <http://bit.ly/RegisterCE> or call 402-441-7575 or 402-437-2700 for a registration form.

